



ZOOM GROUP EXERCISE SCHEDULE

EFFECTIVE MARCH 1ST

M	T	W	TH	F	SAT	SUN
BARRE (45) ERIN 9:30AM	TOTAL BODY (45) DECLAN 7:00AM	BOXING (45) JACKIE 7:30AM	TOTAL BODY (45) DECLAN 7:00AM	PILATES (45) TAYLOR 9:30AM	BARRE (45) ERIN 9:00AM	TOTAL BODY (45) SHAYNE 10:15AM
HARDCORE (30) SHAYNE 12:00PM	BARRELESS BARRE (45) JESSICA 12:15PM	TOTAL BODY COND. (45) KIMBER 9:30AM	BARRELESS BARRE (45) JESSICA 12:15PM	BOXING (45) JACKIE 12:30PM	BOXING (45) JACKIE 10:00AM	PILATES (45) AMY 11:15AM
TOTAL BODY (45) SHAYNE 12:45PM	PILATES (45) KAREN 2:00PM	PILATES (45) TAYLOR 12:00PM	PILATES (45) AMY 4:00PM	VINYASA YOGA (45) OLGU 5:30PM	TOTAL BODY (45) FELICIA 11:00AM	VINYASA YOGA (60) SHAYNE 11:15AM
	PASSCODE: 737406					
BOXING (45) JACKIE 7:30PM	VINYASA YOGA (60) JADE 7:30PM	CARDIO SCULPT (45) KAREN 2:00PM	STRETCH & RELAX (45) AMY 8:00PM			STRETCH & RELAX (45) AMY 12:15PM
		PASSCODE: 563634				
		BARRE-LATES (45) ERIN 7:30PM				

BOLD RED: DENOTES NEW/CHANGE

FOR COMMENTS & SUGGESTIONS REGARDING GROUP EXERCISE

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LEGEND

- SHAYNE'S CLASS SUGGESTED REQUIREMENTS DUMBBELLS, BIG WATER BOTTLES OR SOUP CANS
- DECLAN'S CLASS REQUIRES EITHER DUMBBELLS, 2 FULL GALLON WATER BOTTLES OR 2 DETERGENT BOTTLES